



# ING Run For Something Better

School Awards Program

2010 Application



Your future. Made easier.<sup>SM</sup>



## Application for NASPE/ING Run For Something Better School Awards Program

With the goal to empower school age children nationwide with the means to achieve and maintain a healthy lifestyle, ING Run For Something Better (ING RFSB), in partnership with the National Association for Sport and Physical Education (NASPE), has developed a school-based running program. In addition to fighting childhood obesity, research shows that physical activity improves self esteem, school performance and overall well being.

The awards program will provide a minimum of fifty (50) \$2,000 grants to schools that desire to establish a school-based running program or expand an existing one. Through activity plans created by NASPE and based on the *National Standards for Physical Education* (NASPE, 2004), the awards program will offer children a healthy start to life and foster their desire to exercise before obesity ever begins. To ensure impartiality, NASPE will manage the 2010 School Awards Program for ING.

If you are ready to make an impact on the lives of your students through healthy lifestyle changes, improving self esteem and reducing the rate of childhood obesity, then step up to the starting line!

### Eligibility

1. Awards are available to programs that target grades 4<sup>th</sup> through 8<sup>th</sup> in public elementary or middle schools.  
\*The running program curriculum is specifically developed for these grade levels. Students must be at least 10 years-old at time of program implementation.
2. Schools must design a before, during, and/or after school program which will be offered to the best of the school's ability to all students in eligible grades. The program must not be exclusive to participants of one gender. The program must have a commitment of at least 25 students in order to apply.
3. Awards are available to schools in all fifty (50) states and D.C. but will be limited to no more than five (5) recipients per state.
4. Schools with existing school-based running programs are eligible for an award, but the school must meet the outlined award criteria. Schools also have the opportunity to use the ING RFSB program materials to enhance their current running program.
5. Any school districts that are currently involved with ING RFSB and/or already participate in an ING sponsored cul-

minating event are not eligible to apply. Past recipients of the ING RFSB School Awards Program managed through NASPE are eligible and will be reviewed equally with all other applications.

6. Person conducting the program must be currently employed by the school or school district in which the program will be held.
7. Schools must implement a minimum of an eight (8) week running program with a culminating event by December 31, 2010. \*If your school is unable to complete a running program and culminating event by December 31, 2010 due to geographical restrictions, inclement weather or other, please explain in writing when applying.

The purpose of the school awards for running programs is to engage all students in the sport of running, not to fund existing athletic programs and/or teams (i.e. track, cross country).

### Requirements and Explanation of Award

1. Cover letter from applicant communicating commitment to at least an eight week program. A cover letter must accompany any application for it to be reviewed.
2. Each recipient will receive a \$2,000 school award. The first \$1,000 will be awarded upon notification to the school. The second \$1,000 will be distributed upon conclusion of your culminating event and receipt of PACER data and other required post-evaluation materials.
3. The Cardiovascular FITNESSGRAM PACER test manual and testing materials will be provided to all grant recipients at no cost to your school. Pre and post tests using the PACER must be administered to all students participating in the ING RFSB program and turned in to NASPE before the second \$1,000 of the award is given.
4. Responsibility of each school/applicant: When utilizing the PACER test, student identity must be kept completely anonymous as the data for each student will be submitted to NASPE as Student 1, 2, 3, 4, 5, 6, etc. The school will be provided with a school code to go along with the student number, for example, Jones Middle School would be school #01, so the data would come in as 01-1 (for student 1), 01-2 (for student 2), etc.
5. In order for the school's application to be eligible for review and possible funding, the application must include a letter signed (electronic signature is allowable) by a school

*On your mark, get set, give them a healthy start.*





official who monitors/approves student involvement in research studies. The letter must state that the school district is fully aware of and in agreement with the data collection requirements and grants permission for NASPE and ING to use the data anonymously. A signed letter of acknowledgement must accompany any application for it to be reviewed.

6. Post-evaluation materials must be received with PACER data by December 31, 2010. Post-evaluation materials must include:

#### Required

- a. Complete brief online survey about program participation and success
- b. Provide NASPE with short essays or quotes from students participating in the school-based ING RFSB program

#### Optional

- a. Send home student/parent survey for program feedback
  - b. Photos of training and/or culminating event (photo release forms must be on file with the school)
  - c. Copies of running logs completed by students
  - d. Unique activity plan(s) created by school
7. In the application, the school will be required to explain how it plans to use the \$2,000 grant. All of the \$2,000 must be used to support and/or sustain the school-based running program. \*See Use of Funds section of application
  8. Programs can be longer than eight (8) weeks. Program materials created by NASPE can be modified, can be repeated to extend a program and/or can be mixed and matched in order to fit school needs. Additionally, other running program materials can be used.
  9. Award checks will be made payable to the school.

10. Recipients will be notified by August 1, 2010. All applicants can review the list of award winners on the NASPE website after September 1<sup>st</sup>.

**[www.naspeinfo.org/run](http://www.naspeinfo.org/run)**

#### Obligations and Revisions

Recipients have no obligation to ING. They are required to notify NASPE of any changes of address or relevant information. ING reserves the right to review the conditions and procedures of this program and make changes at any time, including termination of the program.

#### Application deadline

Applications are due April 15, 2010. Applicants are responsible for submitting all necessary information in the required format. Electronic submissions are preferred and can be sent to [run@aahperd.org](mailto:run@aahperd.org) by 11:59pm, ET on April 15, 2010. Please include NASPE/ING Run For Something Better in your subject line. \*You will be sent a confirmation of receipt.

NASPE will not contact applicants if applications are incomplete or missing either of the two required letters. Please submit your application and letters by one method only: all electronic copies or hard copies. If you must print the signature page to obtain signatures, please submit your application and letters as hard copies. Please see ***Checklist for applicants*** before submitting you application.

**Applications can be electronically submitted to: [run@aahperd.org](mailto:run@aahperd.org)**

**Electronic submissions are preferred and must be sent by 11:59pm, ET on April 15, 2010.**

**Applications can be mailed to:**  
NASPE/ING RFSB School Award Program  
1900 Association Drive  
Reston, VA 20191

**Completed applications may not be faxed.**

**Questions regarding the program should be addressed to NASPE/ING Run For Something Better:**  
**Phone: 800-213-7193 ext. 410 or 703-476-3410**  
**Email: [run@aahperd.org](mailto:run@aahperd.org)**

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# NASPE/ING Run For Something Better School Award Program Application

**Application Deadline: April 15, 2010**

The applicant is responsible for completing all sections of application and obtaining the required verification signature(s). Electronic signatures are acceptable. The applicant is also responsible for submitting all application materials, including response to statements. If you represent a team effort, list only one name as "Applicant"; list other names on separate sheet.



All applications will be reviewed and given a score out of 100 total points broken down by section as noted in this document. NASPE's review board, consisting of teachers and education administrators will select recipients for school awards.

## Section I. Application

Applicant name

\*Main contact and person who will oversee/coordinate implementation of the school-based running program through the ING RFSB funding.

Job title

Brief description of professional education license or certification

Are you a NASPE/AAHPERD member? (5 bonus points awarded for being a current NASPE member)

☐

YES

☐

NO

\* State AAHPERD membership does not apply

NASPE/AAHPERD Membership number

School

School district

School address

City/town

State

Zip

Personal phone

Work phone

Personal email

Work email

Student demographic information- *please use approximate percentages (for statistical purposes only)*

Male

Female

Hispanic

White

Alaskan Native

American Indian

Asian, Pacific Islander, or East Indian

African American

Other

Percentage of students in your school who receive free or reduced lunch

Type of school:

☐

elementary

☐

middle

Grade levels in school:

How many students are in each grade level?

## Signature Section

In submitting this application, I certify that the information provided is complete and accurate to the best of my knowledge and that falsification of information may result in termination of any award granted. I understand that all information will be shared with ING, NASPE and its subsidiaries and may be used for publicity purposes. This application becomes the property of ING, NASPE and its subsidiaries.

Applicant's signature: \_\_\_\_\_

Date: \_\_\_\_\_

**This application must be verified by the school principal. Obtain the appropriate signature below.**

Principal's signature: \_\_\_\_\_

Date: \_\_\_\_\_

Phone: \_\_\_\_\_

## Section II. Running Program Implementation (Maximum 35 points)

- 1) How many days per week will your running program be conducted? \_\_\_\_\_
- 2) How many weeks will your running program last (minimum 8 weeks)? \_\_\_\_\_
- 3) How many students are committed to participating in your running program (minimum of 25)? \_\_\_\_\_  
\*Number indicated above must reflect eligible participants—grades 4th-8th and at least 10 years-old at time of program implementation.
- 4) Where will your program meet (outdoors, school gymnasium, off site, etc.)? \_\_\_\_\_
- 5) How will your program be implemented (i.e. part of physical education class, before school, afterschool, combination or other - please describe)? \_\_\_\_\_
- 6) What will be the goal(s) of your running program? \_\_\_\_\_
- 7) How do you plan to encourage student and community participation and promote your program? (Examples: holiday run, neighborhood run, charity run, walk a thon, etc.) \_\_\_\_\_
- 8) In the past five years, how have you taken an active role to grow professionally as an educator in your school, community, and/or on a state or national level? \_\_\_\_\_

### Section III. Statements

Instructions and Format: **Please respond briefly to the three (3) topics below using the text boxes provided.** All applicants following another format are subject to disqualification. Supplementary materials such as tapes, news articles, scrapbooks, and so forth, will NOT be reviewed.

- 1) VISION:** a) Describe your vision for how you will adopt the ING RFSB program in your school either by using the sample materials provided (i.e. activity plans and culminating event models) and/or using your own ideas. (Maximum 15 points)
- b) Describe in detail your anticipated culminating event and how training/activity plans will help your students reach their running goal(s) and complete the culminating event. (Maximum 15 points)

**2) BENEFITS:** How do you anticipate that the ING RFSB program will improve the quality of student learning, self esteem or empowerment and physical activity? How will the ING RFSB program benefit your school and/or community? Please describe any challenges you foresee with implementing this program in your school and explain how you plan on overcoming these challenges? (Maximum 25 points)

**3) USE OF FUNDS:**

- a) Use the chart below to itemize approximately how the funds will be used (e.g. staffing, t-shirts, transportation, participation awards, collateral materials, etc.) using either percentages or dollar amounts. (Maximum 5 points)  
\* One hundred percent of the \$2,000 must support and/or sustain a school-based running program.

Item	\$ or %
Total	

- b) Please explain why funds were allocated as listed above. (Maximum 5 points)



## Checklist for applicants

ALL items listed below must be submitted to NASPE together and complete to be reviewed. You will not be notified regarding missing items.

- ☐ Complete application including Sections I, II and III in required format.
- ☐ Applicant and principal signature on application.
- ☐ Separate cover letter sent with application (see Application Requirements and Explanation of Award #1).
- ☐ Separate signed letter sent with application (electronic signature is allowable) by a school official who monitors/approves student involvement in research studies (see Application Requirements and Explanation of Award #5).
- ☐ Application emailed or sent to NASPE by April 15, 2010.

Please keep a copy of this application for future reference regarding eligibility, award requirements and important dates.

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## Application Deadline April 15, 2010.



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